

## Expectations Versus Reality

Reality Therapy encourages clients to set realistic goals rather than ones with a high risk of failure (Glasser, 2010).

The following four question groups will help you, or your client, set realistic expectations and define achievable goals.

Ask your client the following questions:

### Defining current reality

- i) What have you done and what has happened to you to shape your reality?

- ii) Do you experience reality positively or negatively?

### Changing reality

- i) What can you change about your situation and environment (including education, work, and relationships)?

ii) What can't you change about your situation and environment (including education, work, and relationships)?

iii) How can you change your reactions to what you cannot change?

iv) What resources do you need?

### **Defining expectations**

i) What do you expect of your future (including education, work, and relationships)?

ii) What do you expect of the world and the people around you?

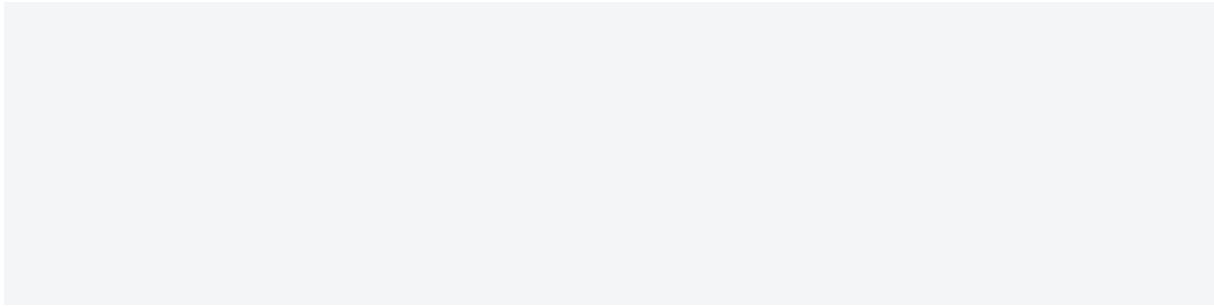
iii) Where do these expectations come from?

iv) Are your expectations reasonable?

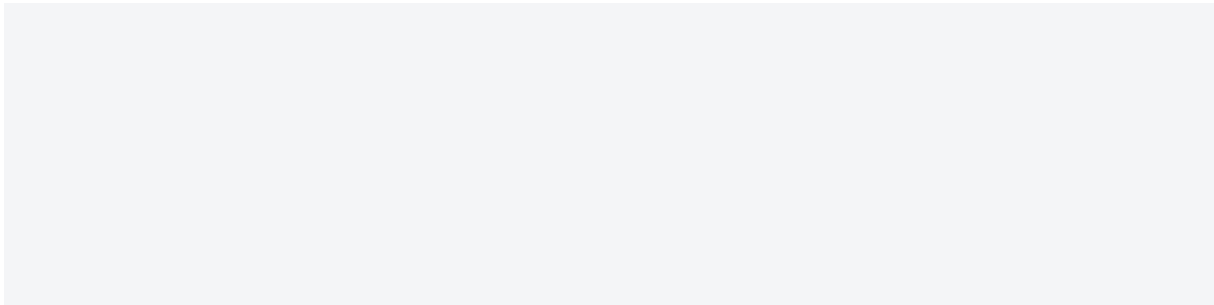
### **Modifying expectations**

i) How can you make your expectations meet your reality?

ii) Are you being hopeful or unrealistic?



iii) Re-write your expectations based on your reflections



These questions will enable the client to set realistic and achievable goals that will stretch rather than disappoint them.

## References

- Glasser, W. (2010). *Reality therapy: A new approach to psychiatry*. New York: HarperCollins e-books.

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